

**Orchard Family Practice**  
 Dr Mathews, Dr McCluskey & Dr Williamson  
**Telephone number - 02838 351145**

**NEWSLETTER**

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**VISIT OUR NEW WEBSITE: [www.OrchardFamilyPractice.co.uk](http://www.OrchardFamilyPractice.co.uk)**  
**OUT OF HOURS TELEPHONE: 02838 399201 (between 6pm & 8am)**

**NEW STAFF:** Since our last publication we are delighted to welcome Dr Claire Williamson as a new partner and also Dr Anna McKeag as a new salaried GP. We wish them many years of happy practice at the Orchard Family Practice. These new appointments have increased our appointment availability and for the first time our patients have access to a female GP in the afternoon. Dr Mathews & Dr McCluskey have also amended their surgery times this year (**up-dated table below**):

<p><b>(Male) <u>DR COLIN MATHEWS</u></b></p> <p>Monday All Day          Tuesday All Day          Wednesday Afternoon Surgery          Thursday Morning Surgery          Friday OFF</p>	<p><b>(Male) <u>DR STEPHEN MCCLUSKEY</u></b></p> <p>Monday All Day          Tuesday Afternoon Surgery          Wednesday Morning Surgery          Thursday Morning Surgery          Friday All Day</p>	<p><b>CHANGES TO FLU VACCINE'S TARGETED GROUPS 2013.14</b></p> <p>1. This year all children aged 2 and 3 years old will be offered their flu vaccination. Parents will be receiving an appointment over the next few weeks from their GP.</p> <p>2. All children in P6 will be offered the Flu Vaccine, in school. School Health Dept will be in touch with all parents.</p>
<p><b>(Female) <u>DR CLAIRE WILLIAMSON</u></b></p> <p>Monday Morning Surgery          Tuesday Morning Surgery          Wednesday Afternoon Surgery          Thursday OFF          Friday All Day</p>	<p><b>(Female) <u>DR ANNA MCKEAG</u></b></p> <p>Monday OFF          Tuesday OFF          Wednesday Morning Surgery          Thursday Morning Surgery          Friday Morning Surgery</p>	

**NATIONAL SHINGLES VACCINATION PROGRAMME:** If you are aged 70 or 79 this year, you will be offered the New Shingles Vaccination. From September 2013. We will be contacting all eligible patients. 90% of all adults raised in the UK have had chickenpox. The virus stays inside your body and can recur as shingles in later life. As you get older the chances of developing shingles increases and the symptoms can be more severe than in younger people. You will probably be offered this vaccination when you attend for your Flu Vaccine. It is safe to give both vaccines at the same time. If you have any queries please contact our nurse or your GP.



If you or someone you know is in distress or despair, call Lifeline free

Life line handles more than 850 referrals each month, which includes self-referrals, as well as calls from health professionals and carers calling on behalf of another person.

**PRACTICE CLOSURES:**

Wed 25th Dec.13  
 Thu 26th Dec.13  
 Wed 1st Jan.14  
 Mon 17th Mar.14  
 Mon 21st Apr.14  
 Tue 22nd Apr.14  
 Mon 5th May.14  
 Mon 26th May.14  
 Mon 14th Jul.14  
 Mon 25th Aug.14

**CONTACT OUT OF HOURS**

**ROTA CHEMIST:** For your convenience details of Rota Chemist is now available on our Practice Website [www.OrchardFamilyPractice.co.uk](http://www.OrchardFamilyPractice.co.uk)

**CHALLENGING YOUR CONDITION?** (supported by SH&SCT)  
 "Challenging Your Condition" is a free course for people with ALL types of long term conditions e.g. Diabetes, Heart Disease, Lung Conditions, MS and Epilepsy. Over 6 weeks you will start to feel more positive and more confident to manage your condition and take back control. It is run by people who have personal experience of living with a long-term condition. Topics covered include healthy eating, pain and fatigue management, exercise & relaxation and goal setting. It also offers the opportunity to meet and share experiences with others who have similar day to day problems. Contact the practice if you would like further information.  
 (Next event end of 8th to 12th Nov)



**MINOR AILMENTS SCHEME**

*If you are suffering from: cold sore; removal of ear wax; mouth ulcers; head lice; athletes foot; thread worms; vaginal thrush; diarrhoea; or dhotie itch, you can obtain medication from the pharmacy without the need to see your doctor.*

*Ask the pharmacist for more details.*

**PPG NEWS:**

In January 2013, 15 patients attended our annual education event, which this year was facilitated by the British Red Cross.

The topic was,

**“Everyday First Aid”**

Jock the facilitator showed us that with a few simple first aid skills we could help someone if suddenly things went wrong and reminded us that most of the time the person you will be helping will be a friend or a family member. Most people with even just a little first aid knowledge will generally become more willing to respond in an Emergency.

**Look out for future PPG events.**

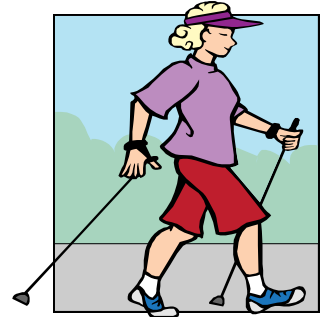
**(See website)**

For details please Contact the Practice Manager

**THE IMPORTANCE OF STAYING ACTIVE:**

There are so many beneficial reasons to staying active, which are important to your health, welfare, and well-being. Even if you consider yourself a healthy person, there are unhealthy aspects to not staying active. An active lifestyle can help everybody. You don't have to be as fit as a professional athlete to benefit from physical activity. If you think you're too busy with work, family, and all the other demands in your life, it is important to be aware of that if you don't spend time staying active, you won't reap the many benefits of staying active. In fact, 30 minutes of moderate physical activity (activity that increases your heart rate) is all you need to:

1. Lower your risk of getting heart disease, stroke, colon cancer, and type 2 diabetes
2. Lower or prevent high blood pressure
3. Possibly help protect against breast cancer
4. Help control joint swelling and pain from arthritis
5. Reduce mild to moderate anxiety and depression
6. Promote psychological well-being
7. Help you handle stress
8. Help control your weight
9. Make you feel more energetic
10. Help you sleep better



See below links to information regarding “FREE” outdoor events which are organised locally on a regular basis. Organised events like these are an opportunity to meet new friends, discover your local history, heritage and conservation efforts in many local nature trails. Contact your local council for further information.

<http://www.walkni.com>

<http://www.getoutdoorsweekend.com/>

<http://www.craigavon.gov.uk/images/stories/1823-5.pdf>

**WHERE AND FOR WHAT?**

**PLEASE USE MEDICAL SERVICES WISELY:**

**General Medical Problem** G.P. (38351145)

**Out-of-Hours** Urgent Problems Only (38399201)

**Minor Injuries** Minor Injuries Unit  
(including fractures) (located Armagh Community Hospital & South Tyrone Hospital)

**Major Trauma** Accident & Emergency



**INTRODUCTION OF HPV TESTING TO NORTHERN IRELAND**

**CERVICAL SCREENING PROGRAMME:** Since December 2012 the cytology laboratory now also tests for HPV (Human Papilloma Virus). Certain strains of this virus are known to put women at higher risk of developing Cervical Cancer. No extra test is needed—HPV is simply checked for when the smear is being analysed. It helps to identify those women who may be at a higher risk of Cervical Cancer in the future and also gives the opportunity to intervene before the disease develops.

We would like to remind women between the ages of 25 yrs and 65 yrs of the importance of attending for a regular cervical smear test and also of the importance of reporting any **abnormal vaginal bleeding** in any age group.